Research Paper | Education | E-ISSN No : 2454-9916 | Volume : 10 | Issue : 3 | March 2024

A COMPARATIVE STUDY ON SELECTED PHYSICAL FITNESS VARIABLS OF KHO-KHO AND KABADDI PLAYERS

Sajal Modak[1], Babita Biswas[2], Dr. Somnath Bag[3]

[1] (SACT), Srikrishna College, Bagula, Nadia, West Bengal, India
[2] (SACT), Pritilata Waddedar Mahavidyalaya, Nadia, West Bengal, India
[3] Associate Professor P.G.G.I.P.E. Banipur, North 24pgs West Bengal, India

ABSTRACT

The purpose of this study was to compare the physical fitness variabls of kho-kho And kabaddi players. A total of sixty (N=60) subjects were selected randomly from North 24pgs district of west Bengal. Out of 60 players, 30 sub- junior District level female kabaddi players and 30 sub-junior District level female kho-kho players only. The age of the subject ranged between 16-18 years. The variable undertake for the study are physical fitness variables agility, explosive leg strength, speed as a physical fitness components for this study. Mean standard deviation and t-test ware used as statistical calculations at 0.05 level of confidence. The result of study ware reflects that no significance deference observed between female kabaddi and kho-kho players only.

KEYWORDS: Kabaddi Players, Kho-Kho Players, Physical Fitness Variables

INTRODUCTION

Physical fitness is the fundamental necessity for any sporting activity. Motor qualities such as speed, strength, endurance and flexibility along with physical fitness are essential for excellence in sports. Sports trainers and coaches are emphasizing on improving the physical fitness and motor qualities of the players, which is also known as conditioning. A good conditioning programmed is the back bone over-all training of the sportsperson.

Physical fitness is generally achieved through exercise, correct nutrition and enough rest. It is an important part of life. Different games provided to do the body activities, differently. Kabaddi and kho-kho players are equally conductive to developing skills amongst players. The present study will have the significance of self-assessment of physical fitness and physical and physiological aspect of kabaddi and kho-kho players. The proposed study may seek the significance through the comparison of the factors between the kabaddi and kho-kho players. Coaches, trainers and physical education teacher for kabaddi and kho-kho players to develop physical and physiological fitness of sportsman.

MATERIALS AND METHODS

Subjects:

The sample consisted of sixty sub- junior District level female kabaddi players and Kho-Kho players of each game were selected randomly from North 24pgs district of west Bengal and their aged ranged between 16-18 years. All kabaddi players and Kho-Kho players had winer in North 24pgs district tournaments, session 2015-16. The players were informed about the essence of the studies planned, and they as well as their North 24pgs district Physical Education Directors/coaches consented to voluntary testing. The selected Anthropometric variables was total leg length, foot girth, waist girth, hip girth this study.

Selection of Tests

The selected physical fitness components and their respective tests will be administered are presented in Table 1.

Physical Fitness Components		
S.L NO	Variables	Tests
1.	Speed	Measured by 50 yard dash
2.	Agility	Shuttle run (4*10 yards)
3.	Explosive Leg Strength	Standing broad jump

Table 1: List of Variables and their respective Test

Statistical Analysis

The statistical analysis of the data gathered for the comparison of Anthropometric Variables and Physical Fitness Components of sub- junior District level female kabaddi players and Kho-Kho players analyzed by using statistical independent 't' test. To testing the hypothesis the level of significance at 0.05 level of confidence was considered adequate for the purpose of this study.

Results

Results were presented in tables, graph and interpreted as follows:

Variables	Groups	Mean	standard deviation	t- value
Speed	Kho-Kho players	7.917	0.524	0.605
	kabaddi players	7.989	0.385	

Tab to .05 (58) =2.000

Table 2: Mean, Standard deviations and t-value of Speed between kho-kho and kabaddi players.

From **Table-2** shows that the mean and standard deviation of kho-kho and kabaddi players of 50 yard dash has been found 7.917±0.524 and 7.989±0.385; the 't' value of 50 yard dash is 0.605 which is not significant.

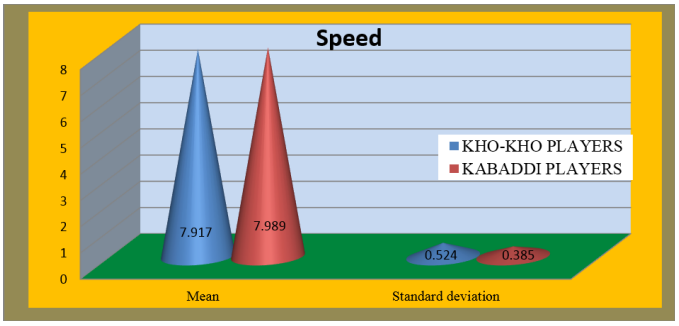

Fig-2, Shows that Mean and Standard Deviation of Speed between kho-kho and kabaddi players

Variables	Groups	Mean	standard deviation	t- value
Agility	Kho-Kho players	10.485	0.571	2.839*
	kabaddi players	10.857	0.437	

Tab to .05 (58) =2.000

Table 3: Mean, Standard deviations and t-value of Agility between kho-kho and kabaddi players.

From **Table-3** shows that the mean and standard deviation of kho-kho and kabaddi players of shuttle run has been found 10.485±0.57 and 10.857±0.437; the 't' value of shuttle run is 2.839*, which is significan.

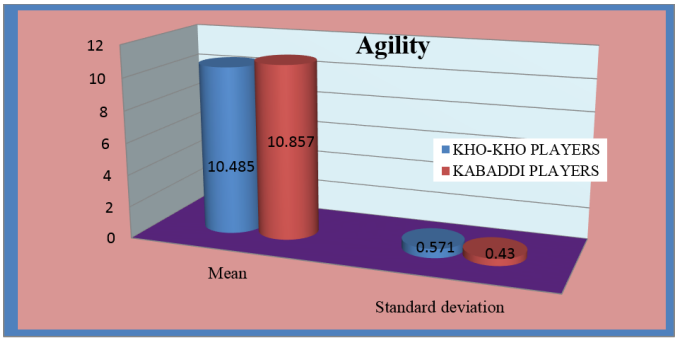

Fig-3, Shows that Mean and Standard Deviation of shuttle run between kho-kho and kabaddi players

Variables	Groups	Mean	standard deviation	t- value
Explosive Leg Strength	Kho-Kho players	1.76	0.109	6.2*
	kabaddi players	1.64	0.083	

Tab to .05 (58) =2.000

Table 4: Mean, Standard deviations and t-value of Explosive Leg Strength between kho-kho and kabaddi players.

From **Table- 4** shows that the mean and standard deviation of kho-kho and kabaddi players of Explosive Leg Strength has been found 1.76±0.109 and 1.64±0.083; the't' value of standing broad jump is 6.2*, which is significant.

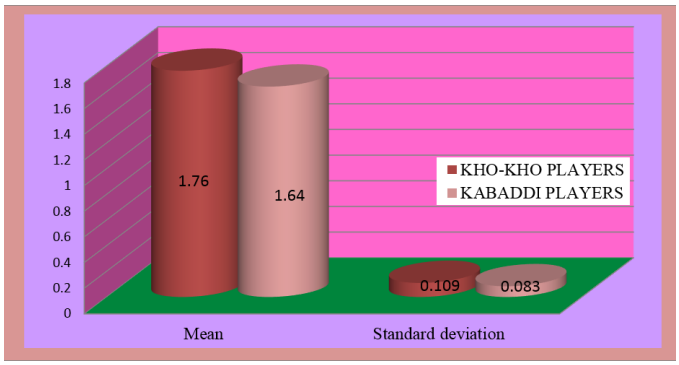

Fig-4, Shows that Mean and Standard Deviation of Explosive Leg Strength between kho-kho and kabaddi players.

DISCUSSIONS

The findings of the study throne light on a comparative study on selected physical fitness variables of kho-kho and kabaddi players.

The result of the present study reveals that no significance differences were found on Speed between district level kho-kho players and district level kabaddi players. Speed of district kabaddi players are same as kho-kho district players, which due to the speedy movement in catching and raiding in case of kabaddi and in case of kho-kho chasing and running was same.

In case of Agility there significant difference were found between district level kho-kho players and district level kabaddi players. This may be due to the nature of game and nature of movement which demand not same. Agility of kabaddi district players better than kho-kho players, which due to quick and speedy movement in catching and raid.

In case of Excplosive leg strength there significant difference were found between district level kho-kho players and district level kabaddi players. This may due to the nature of game is not same. The explosive leg strength of kabaddi distric players better than kho-kho players, which due to kabaddi is the more strengthen and body contact game in respect of kho-kho.

CONCLUSIONS

1. No significant difference was found between kho-kho and kabaddi players in respect of Speed tested by 50 yard dash.

2. Significant was found between kho-kho and kabaddi players in respect of Explosive leg strength tested by standing broad jump.
3. Significant was found between kho-kho and kabaddi players in respect of shuttle run tested by 4*10 yard run.

REFERENCES

1. Barrow. H.M and Mc Gee, R.M A Practical Measurement for Evaluation in Physical Education Philadelphia.: Len & Fibiger, 1979.
2. Clarke, H.H. Application of Measurement to Health and Physical Education (5th Edition), New Jersey: Prentice-Hall Inc. 1976.
3. Deborah A. Wrest, Charles A. Bucher Foundations of physical Education and Sports 11th edi. New Delhi: B.I. Publications Pvt. Ltd., 1990
4. Johnson, Barry L. Jack K. Nelson, Practical Measurement for Evaluation In Physical Education, New Delhi: Surject Publication, 2007.
5. Das Mritunjoy, Maity Maitreyee, Ghosh Madhab Chandra "A comparative study on kinesthetic perception and selected anthropometric variables between state level junior Kho-Kho and Kabaddi players "International Journal of Applied Research1 (2015): 701-705.
6. Singh Vishan Rathore, Singh Arvind Bahadur "Analysis of Physical and Physiological parameters of Kabaddi and Kho-Kho Inter-Varsity Players" American Journal of Sports Science and Medicine2 (August 2014)
7. Kumar Mukesh, Mahesh "A Comparative Study of Co-Ordinate Abilities of Kabbadi and Kho-kho Female Players at College Level". (2013).
8. Abrahab Masse, "A cross sectional study of infiuencing motor component of kabaddi and kho-kho players", American Journal of Human Biology, Vol. 15 (6), PMID: 14595875.PP.800-813.